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HOME PRESERVATION OF EGGS

THE WAR FOOD ADMINISTRATION RECOMMENDS THE "WATER GLASS" PROCESS AS A SIMPLE AND EFFECTIVE METHOD FOR THE PRESERVATION OF EGGS. HERE ARE THE DIRECTIONS:

1. SELECT EGGS THAT ARE FRESH, CLEAN, AND FREE FROM FOREIGN MATTER. DO NOT WASH THEM.
2. TO ONE PART WATERGLASS, (SODIUM SILICATE) AVAILABLE AT DRUGGISTS' AND FOOD STORES, ADD 9 OR 10 PARTS OF WARM WATER WHICH HAS BEEN BOILED. MIX THOROUGHLY AND ALLOW TO COOL.
3. USE SCALDED WOODEN, STONE OR GLASS CONTAINERS. A FIVE GALLON CROCK IS BEST AND WILL HOLD ABOUT 200 EGGS. HOWEVER, ANY WATER-TIGHT COVERED CONTAINER WILL DO.
4. PLACE THE EGGS, SMALL END DOWN, IN THE CONTAINER AND POUR THE COOLED LIQUID SLOWLY OVER THE EGGS UNTIL THE EGGS ARE COVERED TO A DEPTH OF AT LEAST 2 INCHES.
5. COVER ALL VESSELS CONTAINING THE LIQUID TO PREVENT EVAPORATION. WHENEVER THE LIQUID IS REDUCED BY EVAPORATION ADD MORE WATER TO BRING IT BACK UP TO ITS FORMER LEVEL.
6. WHEN SMALL LOTS OF EGGS ARE "PUT DOWN" FROM TIME TO TIME IN WATERGLASS, USE SMALLER CONTAINERS AND DATE THEM SO THOSE FIRST PROCESSED CAN BE USED FIRST.
7. WHEN PROCESSED BY THIS METHOD EGGS WILL RETAIN THEIR NATURAL FLAVOR FROM 8 TO 9 MONTHS IF KEPT IN A COOL PLACE.

FOOD VALUE

EGGS ARE ONE OF THE BEST MEAT ALTERNATES, CONSIDERING PROTEIN CONTENT. ONE EGG CONTAINS ABOUT SEVEN GRAMS OF PROTEIN, SO AN "EGG A DAY" WOULD SUPPLY ABOUT FIFTY GRAMS OF PROTEIN PER WEEK, MAKING NEARLY ONE-TENTH OF THE WEEKLY REQUIREMENT OF FIVE HUNDRED GRAMS FOR ADULTS.

SUGGESTED METHODS OF PREPARATION

EGGS ARE VERSATILE AND WILL ACT IN THE FOLLOWING WAYS IN THE PREPARATION OF FOODS. THEY WILL: BIND, EMULSIFY, CLARIFY, COAT, GARNISH, LEAVEN AND PREVENT CRYSTALLIZATION IN FOODS.

COMMONEST USES OF EGGS ARE IN: CAKES, CEREAL AND MEAT DISHES, SALADS, SANDWICHES, SALAD DRESSINGS, PICKLES, SAUCES, SOUFFLES, CROQUETTES, QUICK BREADS, DESSERTS AND BEVERAGES.

SECRET OF SUCCESS

THE SECRET OF SUCCESS IN COOKING EGGS AND DISHES CONTAINING EGGS, IS TO COOK SLOWLY, AT A MODERATE EVEN HEAT. YOU WILL AVOID ANY TOUGHNESS AND INDIGESTIBILITY.

EASTER EGG CROQUETTES

PREPARE DEVILED EGGS WITH PLENTY OF MINCED GREEN ONION TOP OR PARSLEY AND VINEGAR OR LEMON JUICE TO MOISTEN. FASTEN TOGETHER WITH TOOTHPICKS, DIP IN EGG BEATEN WITH FOUR TABLESPOONS OF MILK OR WATER, THEN ROLL IN FINELY CRUSHED BREADCRUMBS, OR DIP IN LEFT-OVER WAFFLE BATTER, AND FRY SLOWLY IN HOT FAT ABOUT ONE INCH DEEP. BROWN EVENLY, FRYING ABOUT TEN MINUTES TO BE SURE EGGS ARE HOT THROUGH. MAKE A MEDIUM THICK MILK GRAVY, COLORING WITH MINCED PARSLEY OR GREEN TOPS OF ONIONS AND SPREAD ON WARMED PLATE WITH EGG CROQUETTES ON TOP, FINISHING WITH A SPOONFUL OF THE GRAVY.

HOLLANDAISE SAUCE

4 EGG YOLKS	$\frac{1}{4}$ TSP. SALT
2 T. LEMON JUICE	DASH CAYENNE
$\frac{1}{2}$ C. BUTTER OR	$\frac{1}{4}$ C. BOILING
MARGARINE	WATER

DIVIDE BUTTER OR MARGARINE INTO THREE PARTS, BEAT EGG YOLKS AND LEMON JUICE TOGETHER, ADD 1 PIECE OF BUTTER, AND COOK IN DOUBLE BOILER, STIRRING CONSTANTLY UNTIL MIXTURE BEGINS TO THICKEN. REMOVE FROM STOVE, ADD SECOND PIECE OF BUTTER, AND STIR RAPIDLY. THEN ADD REMAINING BUTTER, AND CONTINUE TO STIR UNTIL MIXTURE IS COMPLETELY BLENDED. ADD SALT, CAYENNE AND BOILING WATER. RETURN TO DOUBLE BOILER, AND STIR UNTIL SAUCE THICKENS.

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